

Abstract

Title: The effect of scapular specific kinesio tape on the movement quality of the upper limb.

Objectives: The aim of this study is to evaluate the effectiveness of specific kinesio tape of shoulder blade on the quality of the movement of the upper limb. Currently, kinesio taping is very popular method in the treatment of myoskeletal diseases. Kinesio taping is mostly used by athletes, however the method becomes one of the common methods in physiotherapist practice. In this diploma thesis, specific method of kinesio taping was used. The method is focused on the facilitation of the lower blade fixators and is frequently used. Positive effect of the method on the position of the shoulder joint is obvious. The movement quality of the upper limb is represented by visual motor skills coordination, which was objectified with selected testing method. The prerequisite is a close relation between the position of the shoulder girdle with the function of the hand. Centred position of the shoulder blade ensured with the fixation of the lower blade fixators allows precise movement of the entire upper limb.

The diploma thesis was focused on the population of people working on a computer. This way of working is now the most common cause of pain for patients who visit a physiotherapist. Measurement was attended by ten people (five men and five women) in average age 27,5.

Methods: To obtain the necessary data has been used 2HAND test from Vienna Test System. The test is used for examination of visual-motor coordination in this case with fixed position of the shoulder blade.

Results: For a selected sample of probands had application of Kinesio taping a positive effect on two parameters evaluating visual motor coordination within the measurement of the 2HAND test. The number of errors made during the testing reduced the number of errors in seven of the ten probands and duration of error was decreased in all ten tests. Statistical and substantive significance was confirmed only in the third variable - the duration of the error.

Keywords: shoulder girdle, kinesiotaping, 2HAND test, working with computers